	pilates	K NU茶屋	町店		[	11/01	~	11/0	8	1	スケ	ジュ-	ール							2025/11	/14	更新
	11/01 11/02		11/03		11/04		11/05		11/06			11/07			11/08							
	±			Ħ		月			火			水			木			金			±	
10:30	~	11:30	10:30	~	11:30			10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30
Anin	Animal Stretch		V	Vaist				В	Basic		Hi	p Punc	h	Hij	p&Le	9	Во	dy Bal	ance	Bac	k&Arı	n
	Suzu.K			Nagi.m					Ayari.F			mami			Kotone.	Y		Nagi.n	1		mana.N	
12:00	~	13:00	12:00	~	13:00			12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00
Back & Arm		Pilates Workout				jum	ıp to bı	ırn	В	asic		Aniı	nal St	retch	Bad	ck&Ar	m	,	Naist			
	mana.N			Hono.Y					yui			Hono.Y			Suzu.K			mana.l	4		Nagi.m	
13:30	~	14:30	13:30	~	14:30			13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30	13:30 ~ 14	
Shap	Shape up waist Body Balance				Hi	p Punc	:h	Power	Power up Control		Pila	ites Ca	ardio	,	Waist		Stretch &	Condi	tioning			
	Suzu.K			Nagi.m					Ayari.F			mami		1	Kotone.	Y		Nagi.n	1	mana.N		
15:00	~	16:00	15:00	~	16:00			15:00	~	16:00				15:00	~	16:00				15:00	~	16:00
Baci	Back & Arm Hip & Leg		ı			Advance				Basic				Leg Lines								
	mana.N		Hono.Y				yui						Hono.Y				Nagi.m					
16:30	~	17:30	16:30	~	17:30															16:30	~	17:30
Hip	Hip & Leg Lines		es	close														1	Basic			
	Hono.Y			Nagi.m																	Hono.Y	
18:00	~	19:00	18:00	~	19:00															18:00	~	19:00
Stretch &	Condi	tioning	E	Basic															Back & Arm		n	
	mana.N			Hono.Y														1730			mana.N	ı
19:30	~	20:30						17:30	~	18:30	17:30	~	18:30	17:30	~	18:30	17:30	~	18:30	19:30	~	20:30
В	Basic						Back & Arm		Bac	k&Sp	ine	Hip & Leg		Basic			Pilat	es Wo	rkout			
	Hono.Y								mana.N			Nagi.m			Hono.	1		Suzu.	(		Hono.Y	
								19:00	~	20:00	19:00	~	20:00	19:00	~	20:00	19:00	~	20:00			
								Shape t		/aist	Hip	&Leg		jun	np to k	ourn	Back & Arm		m			
									yui			lono.Y			Suzu.K			mana.l	١			
								20:30	~	21:30	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30			
								Stretch &	Condit	ioning	Leg Lines			Basic			Reset Flow					
								1	mana.N			Nagi.m			Hono.	1		Suzu.	(			

pila	tes K	NU茶屋	町店		ľ	11/0	09	~	11/1	16	1	スク	「ジュ-	ール						2025/1	0/13	更新
11/09			11/10			11/11		11/12		11/13		11/14		11/15			11/16					
	Ħ			月			火			水			木		4	ž					Ħ	
10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30 ~	11:30	10:30	~	11:30	10:30	~	11:30
- 1	Basic		Power up Control			Reset Flow			jump to burn			Shape up waist			Wais	st	Back & Arm		Hip Punch			
	Ayari.F			mami			Suzu.K			yui			Suzu.K		Nag	i.m		mana.N	N	Ау		
12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00 ^	13:00	12:00	~	13:00	12:00	~	13:00
Ва	Back & Spine		Sha	pe up	waist	Stretch & Conditioning		Hip	&Leg	ı		Waist		Back &	Back & Arm		Animal Stretch		Вос	Body Balance		
	Nagi.m			Suzu.K	i		mana.N			Hono.Y	•		Nagi.m		mar	a.N		Suzu.K		Nagi.m		
13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30 -	14:30	13:30	~	14:30	13:30	~	14:30
н	Hip Punch		Release&Strength			Pila	ates Ba	ırre	Δ	dvano	e	Basic			Back & Spine		Bac	ck&Ar	m	Pilates Barre		
	Ayari.F			mami			Ayari.F			yui			Suzu.K		Naç	ji.m		mana.N	N		Ayari.F	
15:00	~	16:00				15:00	~	16:00				15:00	~	16:00			15:00	~	16:00	15:00	~	16:00
jun	jump to burn					Back & Arm						Body Balance		İ		Basic			Reset Flow			
	Suzu.K					mana.N						Nagi.m				Hono.Y			Suzu.K			
16:30	~	17:30															16:30	~	17:30	16:30	~	17:30
١	Waist		ı														Reset Flow			Basic		
	Nagi.m																	Suzu.K	(		Nagi.m	
18:00	~	19:00															18:00	~	19:00	18:00	~	19:00
Re	eset Fl	ow															ı	Basic		Sha	pe up v	waist
	Suzu.K																	Hono.\	1		Suzu.K	
			17:30	~	18:30	17:30	~	18:30	17:30	~	18:30	17:30	~	18:30	17:30 -	18:30	19:30	~	20:30			
			Back & Arm		m	Leg Lines			Body Balance				Basic		Pilates \	Pilates Workout		np to b	ourn			
				mana.N	I		Nagi.m			Nagi.m			Hono.Y		Hor	o.Y		Suzu.K	(			
			19:00	~	20:00	19:00	~	20:00	19:00	~	20:00	19:00	~	20:00	19:00 -	20:00						
		Basic			Hip & Leg			Basic		ı	eg Line	es	Stretch & Co	nditioning								
				Suzu.K	:		Hono.Y			Hono.Y			Nagi.m		mar	a.N						
			20:30	~	21:30	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30	20:30 ~	21:30						
			Bac	k&Ar	m	Boo	Body Balance			Back & Spine			tes Wo	rkout	Hip&l	_eg						
			mana.N			Nagi.m				Nagi.m			Hono.Y			Hono.Y						

pilates K NU茶屋	町店 【	11/17 ~	11/24	スケジュール			2025/10/13 更新
11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24
月	火	*	*	<b>±</b>	±	Ħ	月
		10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30	10:30 ~ 11:30
		Pilates Cardio	Leg Lines	Hip Punch	Waist	Pilates Cardio	Back & Arm
		Kotone.Y	Nagi.m	Ayari.F	Nagi.m	未定	mana.N
		12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00	12:00 ~ 13:00
		Basic	Back & Arm	Waist	Shape up waist	Back & Spine	Pilates Barre
		Hono.Y	mana.N	Nagi.m	Suzu.K	mami	Ayari.F
		13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30	13:30 ~ 14:30
		Back & Arm	Back & Spine	Power up Control	Body Balance	Basic	Stretch & Conditioning
		Kotone.Y	Nagi.m	Kako.F	Nagi.m	Suzu.K	mana.N
			15:00 ~ 16:00		15:00 ~ 16:00	15:00 ~ 16:00	15:00 ~ 16:00
			Stretch & Conditioning		Back & Arm	Power up Control	Advance
			mana.N		Hono.Y	mami	未定
					16:30 ~ 17:30	16:30 ~ 17:30	16:30 ~ 17:30
close	close				Animal Stretch	jump to burn	Waist
					Suzu.K	Suzu.K	Nagi.m
					18:00 ~ 19:00	18:00 ~ 19:00	18:00 ~ 19:00
					Hip & Leg	Back & Arm	Release&Strength
					Hono.Y	mana.N	Ayari.F
		17:30 ~ 18:30	17:30 ~ 18:30	17:30 ~ 18:30	19:30 ~ 20:30		19:30 ~ 20:30
		Release&Strength	Pilates Workout	jump to burn	Reset Flow		Leg Lines
		Ayari.F	Hono.Y	Suzu.K	Suzu.K		Nagi.m
		19:00 ~ 20:00	19:00 ~ 20:00	19:00 ~ 20:00			
		Hip & Leg	Back & Arm	Basic			
		Hono.Y	mana.N	Nagi.m			
		20:30 ~ 21:30	20:30 ~ 21:30	20:30 ~ 21:30			
		Hip Punch	Basic	Reset Flow			
		Ayari.F	Hono.Y	Suzu.K			

2025/10/13

Pilates Cardio   Release&Strength   Body Balance   Waist   Radvance   Back & Arm	pilat	tes K	NU茶屋	町店			11/25 ~			11/30			スケ	ジュ	ール				
10:30	11/25			11/26			11/27			11/28				11/29		11/30			
Pilates Cardio   Release&Strength   Body Balance   Waist   Radvance   Back & Arm	火			水			*			金			±			目			
	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	10:30	~	11:30	
12:00	Pila	ites Ca	rdio	Releas	se&St	rength	Bod	y Bala	ance	V	Vaist		4	Advano	ce	Back & Arm			
Basic	未定			Ayari.F			Ayari.F				未定			未定		mana.N			
Name	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	12:00	~	13:00	
13:30	Basic			Pila	tes Ca	ardio	Hip	&Leg	9	Pila	ates B	arre	E	Basic		Н	Hip Punch		
Back & Arm		Suzu.K			未定			Hono.Y	,		Ayari.F			Hono.\	,		Ayari.F		
Magain	13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	13:30	~	14:30	
15:00 ~ 16:00   Pilates Workout   Basic   Hono.Y   Hono	Back & Arm		m	Hi	p Pun	ch	Pila	ites Ba	arre	V	Waist			se&St	rength	L	eg Lin	es	
Pilates Workout   Pilates W		mana.N			Ayari.F			Ayari.F			未定		Ayari.F						
Hono.Y	15:00	~	16:00										15:00	~	16:00	15:00	~	16:00	
16:30 \( \sigma \) 17:30   16:30 \( \sigma \) 18:00 \( \sigma \) 18:30 \( \sigma \) 19:30 \( \sigma \) 20:30 \( \sigma \) 19:00 \( \sigma \) 20:30 \( \sigma \) 19:00 \( \sigma \) 20:00 \( \sigma \) 20:00 \( \sigma \) 19:00 \( \sigma \	Pilates Workout					Basic						Pila	ites Ca	ırdio	Pilates Barre				
Basic   Back & Spine	Hono.Y					Hono.Y						未定			Ayari.F				
Hono.Y   Nagi.m   18:00 ~ 19:00   18:00 ~ 19:00   18:00 ~ 19:00   18:00 ~ 19:00													16:30	~	17:30	16:30	~	17:30	
18:00 \cong 19:00   18:00 \cong 19:00 \cong 19:00 \cong 19:00 \cong 19:00 \cong 18:30   17:30 \cong 18:30   17:30 \cong 18:30   17:30 \cong 18:30   19:30 \cong 20:30													E	Basic		Bac	ck & Sp	ine	
Back & Arm   Stretch & Conditioning													Hono.\	,		Nagi.m			
Trist   Tris													18:00	~	19:00	18:00	~	19:00	
17:30													Back & Arm			Stretch & Conditioning		tioning	
Basic         Hip & Leg         Basic         Pilates Workout         Hip & Leg           Hono.Y         Hono.Y         Hono.Y         Hono.Y           19:00 ~ 20:00         19:00 ~ 20:00         19:00 ~ 20:00         Animal Stretch           Shape up waist         Pilates Workout         Release&Strength													mana.N			.na.N mana.N			
Hono.Y Hono.Y Hono.Y Hono.Y Hono.Y  19:00 ~ 20:00 19:00 ~ 20:00 19:00 ~ 20:00  Animal Stretch Shape up waist Pilates Workout Release&Strength	17:30	~	18:30	17:30	~	18:30	17:30	~	18:30	17:30	~	18:30	19:30	~	20:30				
19:00 ~ 20:00	Basic			Hip & Leg			Basic			Pilates Workout			Hip & Leg						
Animal Stretch Shape up waist Pilates Workout Release&Strength	Hono.Y			Hono.Y							Hono.\	′		Hono.\					
	19:00	~	20:00	19:00	~	20:00	19:00	~	20:00	19:00	~	20:00							
Suzu K Suzu K Hono Y Avari F	Animal Stretch		Shape up waist			Pilates Workout			Release&Strength										
Julia Salam Monor Syam		Suzu.K			Suzu.K	(		Hono.Y			Ayari.F								
20:30 ~ 21:30 20:30 ~ 21:30 20:30 ~ 21:30 20:30 ~ 21:30	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30	20:30	~	21:30							
Hip & Leg Basic	Hip & Leg		ı	Waist			Hip & Leg			Basic									
Hono.Y Nagi.m 未定 Hono.Y	Hono.Y				Nagi.m	1		未定			Hono.	1							